

October 2026
MES Breakfast Menu

9/28	9/29	9/30	10/1	10/2
Pancake on a Stick or Assorted Cereals	French Toast Sticks or Cinnamon Pop Tart	Sausage & Cheese Grits Bowl w/ Toast or Assorted Cereals	Chicken Biscuit or Assorted Cereals	Sausage & Cheese Croissant or Assorted Cereals
10/5	10/6	10/7	10/8	10/9
Mini Donut Holes in a Cup or Assorted Cereals	Sausage Breakfast Pizza or Assorted Cereals	Bacon & Cheese Grits Bowl w/ Toast or Assorted Cereals	Crispy Hash Brown, Sausage, & Toast or Cinna-Mini Bagel	Chicken Breakfast Sandwich or Blueberry Muffin Loaf
10/12	10/13	10/14	10/15	10/16
Fall Break				
10/19	10/20	10/21	10/22	10/23
Maple Cinnamon Pancakes or Assorted Cereals	Sausage Biscuit or Strawberry Pop Tart	French Toast Sticks or Assorted Cereals	Cheese Toast w/ Breakfast Sausage or Strawberry Yogurt w/ Graham Crackers	Blueberry Muffin or Assorted Cereals
10/26	10/27	10/28	10/29	10/30
Pancake on a Stick or Assorted Cereals	French Toast Sticks or Cinnamon Pop Tart	Sausage & Cheese Grits Bowl w/ Toast or Assorted Cereals	Chicken Biscuit or Assorted Cereals	Sausage & Cheese Croissant or Assorted Cereals

Grab & Go Breakfast Bags Available Daily
A Variety of Milk, Fruit & Juice Available Daily

October 2026
MES Lunch Menus

9/28	9/29	9/30	10/1	10/2
Boneless Chicken Wings or Grape Uncrustable w/ Cheese Stick Rice Stewed Tomatoes Southern Black Eyed Peas	Hamburger Steak w/ Gravy or Ham & Cheese Sandwich Mashed Potatoes Green Beans	Corndog Nuggets or Ham Sub Baked Beans Potato Wedges	Spaghetti & Meat Sauce w/ Garlic Breadstick or Grilled Cheese Sandwich English Peas Side Salad w/ Ranch	Cheeseburger or Grape Uncrustable w/ Cheese Stick Crinkle Cut Fries Steamed Broccoli w/ Cheese Sauce Lettuce & Tomato
10/5	10/6	10/7	10/8	10/9
Chicken Tenders w/ Roll or Grape Uncrustable w/ Cheese Stick Mashed Potatoes Black Bean Salad	Cheeseburger Macaroni w/ Garlic Breadstick or Ham & Cheese Sandwich Green Beans Carrot Sticks w/ Ranch	Chicken Sandwich or Spicy Chicken Sandwich or Ham Sub Potato Wedges Baby Limas	BBQ Sandwich or Turkey Wrap Cucumber & Tomato Cup w/ Ranch Crinkle Cut Fries	Tony's Pepperoni or Cheese Pizza or Grape Uncrustable w/ Cheese Stick Side Salad w/ Ranch Buttery Corn
10/12	10/13	10/14	10/15	10/16
Fall Break				
10/19	10/20	10/21	10/22	10/23
Popcorn Chicken or Grape Uncrustable w/ Cheese Stick Mashed Potatoes Baby Limas	Beef & Cheese Nachos or Ham Wrap w/ Chips Buttery Corn Shredded Lettuce, Diced Tomatoes, Cheese, Salsa	Oven Fried Chicken w/ Roll or Ham & Cheese Sandwich Oven Fried Okra Steamed Broccoli w/ Cheese Sauce	Chili Cheese Fries w/ Garlic Breadstick or Grilled Cheese Sandwich Cucumber & Tomato Cup w/ Ranch Crinkle Cut Fries	Hot Dog w/ Bun or Grape Uncrustable w/ Cheese Stick Tater Tots Fresh Baby Carrots w/ Ranch Coleslaw
10/26	10/27	10/28	10/29	10/30
Boneless Chicken Wings or Grape Uncrustable w/ Cheese Stick Rice Stewed Tomatoes Southern Black Eyed Peas	Hamburger Steak w/ Gravy & Roll or Ham & Cheese Sandwich Green Beans Mashed Potatoes	Corndog Nuggets or Ham Sub Baked Beans Potato Wedges	Spaghetti & Meat Sauce w/ Garlic Breadstick or Grilled Cheese Sandwich English Peas Side Salad w/ Ranch	Cheeseburger or Grape Uncrustable w/ Cheese Stick Crinkle Cut Fries Steamed Broccoli w/ Cheese Sauce Lettuce & Tomato

A Variety of Milk, Fruit & Juice Available Daily